

NFS 492/592 Current Topics

Nutrition Update

South Dakota State University

Course Description:

TEAM Nutrition is sponsoring this workshop/course for educators and others in the state of South Dakota. Participants can choose to complete the course for 1 undergraduate credit, 1 graduate credit, or as CEU. It is the participant's responsibility to choose whether they desire credit for the course and then register for the appropriate section. Participants will gain knowledge, resources and skills that can be used to teach nutrition and create a healthier nutrition environment at their school and in their community. This workshop consists of 9 two hour sessions beginning in September and ending in November, 2006 for a total of 18 hours. The class will begin broadcasting at 4:30- pm on September 21, 28, October 5, 12, 19, 26, and November 2, 9, and 16.

Contact Information

The contact information for **cost, registration and information on how to register** for the correct section and other logistical type questions is Karlys Wells. Her contact information is:
Box 2275A, SNF 212, SDSU
Brookings, SD 57007
Phone: 605-688-4039
Email: Karlys.wells@ces.sdstate.edu

The contact information on **course content, course requirements, grading, make-up work, and other academic type questions** is Kendra Kattelman, PhD, RD, LN. Her contact information is:
Box 2275A, SNF 441, SDSU
Brookings, SD 57007
Phone: 605-688-4045
Email: Kendra.kattelman@sdstate.edu

Objectives:

Participants will gain knowledge about and be able to explain childhood obesity trends in South Dakota and the nation.

Participants gain knowledge about the effect of advertising on children's behavior.

Participants will be able to identify resources to assist with teaching nutrition education and encourage physical activity.

Participants will be able to explain how school staff, students and the community can work together to create a healthier nutrition environment.

Participants will gain knowledge in basic nutrition to understand basic nutrition concepts and explain fad diets, health claims, and the new MyPyramid.

Participants will be able to understand and explain the basic principles of the school lunch program.

Text

There is no text for the class. Handouts and other required materials will be posted through WEBCT. You will access assignments, handouts, and grades through WebCT. There are a number of ways to access WebCT. One of the URL is <http://webct.sdstate.edu/webct/public/home.pl> Your login and password are your colleague ID.

Class Requirements

Continuing education from the Department of Education: Participants, who are taking this course for continuing education credit from the Department of Education, need to attend 15 hours of the class. This means that one session can be missed. If you miss a second session and desire to make-up the time to receive your CEU, check the “missed session” assignment in WebCT.

Graduate credit. Participants will develop a mini-grant proposal ready for submission. The participant will assess their current environment for needed nutrition and physical activity education, search or develop materials or a program to meet these needs, search for a funding source and draft a proposal for money to implement a nutrition and physical activity program in their school or community. The grant submission must have a nutrition education component and can include a physical education component if desired. Complete instructions will be posted in WebCT.

Undergraduate credit: Participants have the choice of 1) writing a 4-5 page paper on an area of nutrition which they desire more information or 2) describe in detail how they plan to use the information gained from class. Complete instructions will be posted on WebCT.

Grading requirements:

90% = A
80% = B
70% = C
60% = D
≤59% = F